



featuring...

KITCHENS **for** GOOD

The City of Encinitas is proud to work with Kitchens for Good, a non-profit healthy meal production organization breaking the cycles of food waste, poverty, and hunger using innovations & social enterprise. Daily lunches are fresh and delicious for that perfect farm to table dining experience. These irresistible meals are prepared daily from scratch, using local organic produce whenever possible. We welcome people of all ages to make a reservation for a healthy meal and great comradery while at the Encinitas Parks & Recreation Café.

For reservations, please call (760) 943-2258 no later than 8am the day you wish to have lunch with us!

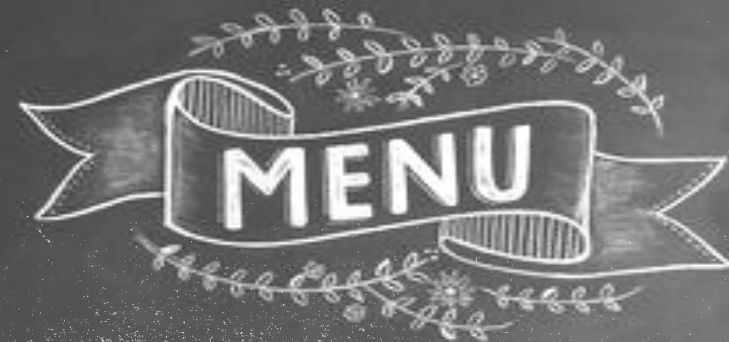
"We look forward to serving you!"

KITCHENS **for** GOOD CORE VALUES

Nourish the Community • Sustainability
Collaboration • Equality • Innovation



June 2017



Delicious farm-to-table food served M-F
at the Encinitas Community & Senior
Center's Parks and Recreation Café.

We look forward to seeing you soon.

Enjoy!



Monday		Tuesday	Wednesday	Thursday	Friday
The Encinitas Parks and Recreation Café is supported by the Older Americans Act Grant Funds, awarded through the County Aging & Independent Services and supported by the City of Encinitas and general meal donations. No eligible person shall be denied a meal because of failure or inability to contribute. WELCOME!		FOR RESERVATIONS OR CANCELLATIONS <u>760-943-2258</u> Call before 8:00 AM Suggested Donation: 60+ \$4.00 Fee: Under 60 \$6.00 Check in from 11:00AM to 11:30 AM Lunch Served at 11:40 AM Choose the main meal OR the soup/salad/sandwich ~Dessert is served with all lunch *Sodium meals: 300-500mg		1 *MAIN: Baked Chicken with Gravy, Red Potatoes, Spinach Salad, Roll Soup/Salad: Mushroom Soup, Cottage Cheese & Fruit on Romaine, Roll Dessert: Pineapple Cobbler	2 *MAIN: Baked Ziti with Meat Sauce, Roasted Zucchini *Soup/Sandwich: Vegetable Soup, Turkey, Lettuce, Cheese Wrap Dessert: Tropical Fruit
5 *MAIN: Beef Stroganoff over Noodles, Broccoli Florets *Soup/Salad: Corn Chowder, Tuna Salad on Mixed Greens, Roll Dessert: Fresh Strawberries	6 *MAIN: Ham Steak, Cranberry Glaze, Baked Yam, Salad, Roll Soup/Salad: Broccoli Soup, Chicken Pasta Salad on Romaine Dessert: Peach Ambrosia	7 LUAU PARTY MAIN: Baked Fish, Coconut Rice, Oriental Blend Vegetables *Soup/Salad: Beef Noodle Soup, Cottage Cheese with Fruit, Roll Dessert: Fresh Melon	8 *MAIN: Stuffed Cabbage, Mashed Potatoes, Mixed Veggies, Roll **Soup/Salad: Tomato Soup, Italian Pasta Salad with Ham Dessert: Mandarin Oranges	9 *MAIN: Shredded Pork, Rice Pilaf, Three Bean Salad, Corn Soup/Salad: Barley Soup, Egg Salad on Romaine Dessert: Banana	
12 *MAIN: Salmon Patty with Creamy Dill Sauce, Mac & Cheese, Broccoli Florets *Soup/Sandwich: Split Pea Soup, Turkey & Cheese Sandwich, Salad Dessert: Tropical Fruit	13 HOT FUDGE SUNDAE PARTY *MAIN: Chili with Beans, Seasoned Peas, House Salad, Cornbread *Soup/Salad: Chicken Tortilla Soup, Cottage Cheese & Fruit on Romaine Dessert: Fresh Melon	14 *MAIN: Grilled Chicken over Parmesan Noodles, Capri Blend Veggies, Garlic bread *Soup/Sandwich: Minestrone Soup, Tuna & Lettuce Wrap Dessert: Strawberries	15 *MAIN: Turkey & Stuffing Casserole, Brussels Sprouts, Roll Soup/Salad: Bean Soup, Chicken Caesar Salad, Roll Dessert: Pear-Cranberry Compote	16 FATHER'S DAY PARTY *MAIN: Roast Beef, Gravy, Mashed Potatoes, Normandy Blend Veggies, Roll **Soup/Sandwich: Beef Vegetable Soup, Veggie, Bean, Cheese Wrap Dessert: Apple Crisp	
19 *MAIN: BBQ Beef on a Bun, Chuck Wagon Corn, Cole Slaw *Soup/Salad: Tomato Soup, Egg Salad on Mixed Greens, Roll Dessert: Apple	20 *MAIN: Vegetable Lasagna, Italian Blend Veggies, Spinach Salad, Roll Soup/Sandwich: Barley Soup, Tuna Sandwich, Spinach Salad Dessert: Pineapple Chunks	21 BINGO *MAIN: Oven Fried Chicken, Potato Salad, Baked Beans, Roll **Soup/Sandwich: Corn Chowder, Beef, Lettuce, Cheese Wrap Dessert: Spiced Peaches	22 *MAIN: Meat Loaf, Gravy, Potatoes, Mixed Veggies, Roll *Soup/Salad: Vegetable Soup, Ranch Chicken Salad on Romaine, Roll Dessert: Fresh Strawberries	23 *MAIN: Turkey a la King , Biscuit, Roasted Zucchini *Soup/Salad: Chicken Noodle Soup, Cottage Cheese & Fruit on Romaine, Roll Dessert: Fresh Melon	
26 MAIN: Lemon Pepper Chicken, Rice Pilaf, Broccoli & Carrot Medley *Soup/Salad: Vegetable Soup, Tuna Salad on Romaine, Roll Dessert: Banana	27 **MAIN: Beef & Macaroni Casserole, Steamed Cauliflower, House Salad *Soup/Sandwich: Chicken Soup, Ham & Cheese Sandwich, Salad Dessert: Fresh Melon	28 **MAIN: Pulled Pork Taco, Refried Beans, Spanish Rice *Soup/Salad: Black Bean Soup, Caesar Salad with Diced Turkey Dessert: Fresh Orange	29 MAIN: Chicken Cacciatore, Herbed Pasta, Seasoned Spinach **Soup/Salad: Tomato Soup, Egg Salad on Romaine, Roll Dessert: Tropical Fruit	30 *MAIN: Breaded Fish with Tartar Sauce, Potato Wedges, Green Beans *Soup/Sandwich: Mushroom Soup, Ham & Cheese Sandwich, House Salad Dessert: Fresh Strawberries	